

Treatment Works

John Dyer

My name is John Dyer and I've been clean and sober since July 27, 2007.

My story probably is not that much different from most people's who are in recovery. I started drinking at a young age and alcohol became part of my life for over 20 years. This type of life eventually takes its toll on your family and loved ones, and I prefer not to give you my resume of rottenness.

However; I will tell you that after being married for 11 years my wife finally had enough, and I got divorced in 2004.

With no family and no accountability I turned to my drug of choice, which was methamphetamine. What followed was pitiful incomprehensible demoralization, and the most devastating three years of my life. I lost everything that had taken a lifetime to build, more than that I was empty and dead inside. I was filled guilt, shame, and remorse. I hated who I was and I didn't know what I was going to.

Today I know that great things come from great opportunity, even though I didn't

know it at the time. I was given the greatest opportunity of my life, when I went to treatment in 2007. I had never even

heard of treatment, or lifeline connections or the Cowlitz Indian tribe, which is where I did my out-patient.



Going to treatment was an amazing experience for me, and being able to do my outpatient with Cowlitz was awesome. They gave me a chance to see things from the perspective and I am very grateful for that. Through the Native American program of recovery, I learned it was okay to cry my

tears of sorrow, to confront my shame, to forgive the unforgivable, turn to godly values like love, courage, justice, generosity, respect, humility, gratitude, and acceptance, but most of all I learned who I was.

As a result, I've been clean and sober since July 27, 2007 and I'm not talking about abstinence from these substances. I am a different person today, and it all started with treatment and the Cowlitz Indian tribe. I owe the two organizations my life, and want to thank them for all their hard work.